



West Valley City Family Fitness Center Pre-Competitive Swim Team

ARE YOU READY?

- Can you swim front crawl across our lap pool without assistance?
- Can you swim front crawl with your face in the water?
- Can you swim back crawl across our lap pool without assistance?

If you answered yes to these questions then you are ready to try the Pre-competitive swim team.

What does pre-comp offer?

- Advanced swimming skills
- Diving Technique
- Great Workouts
- Preparation for competitive swimming
- Stroke Technique

Practice Times

Monday & Wednesday
6:00 - 7:00pm

Saturday
10:00 - 11:00am

Session	Dates	Member	Non-Mem
Spring 3	May 6 - May 25	\$29.00	\$34.00
Spring 4	May 27 - Jun 15	\$26.00	\$31.00
Summer 1	Jun 17 - July 6	\$26.00	\$31.00
Summer 2	July 8 - July 27	\$26.00	\$31.00